



A COMPARATIVE ANALYSIS OF MOTIVATION BETWEEN FINALIST TEAM OF 12th SOUTH ASIAN GAMES IN KHO-KHO

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ABSTRACT

The purpose of the study was comparison of intrinsic Motivation, extrinsic Motivation, amotivation Motivation, between India and Bangladesh Kho-Kho players. The subject for this study was two finalist of (men)kho-kho 12th South Asian Games 2016, which was organized by India in Guwahati (Assam). Total 30 (Thirty) male Kho-Kho players, 15 players of Indian and 15 player of Bangladesh were (19-30 years of age) selected. The selected variable intrinsic, extrinsic, amotivation. The obtained data were analyzed by applying independent 't' test in order to comparison of intrinsic motivation, extrinsic motivation, amotivation motivation differential between India and Bangladesh Kho-Kho players. The level of significant was set at 0.05. The motivation score of the subjects was obtained by using sports motivation scale (sms28) developed by Luc G. Pelletier, Michelle Fortier. There was no significant difference of intrinsic, extrinsic, amotivation between India and Bangladesh male Kho-Kho players because the calculated value $-0.143, -0.193, -2.132$ is less than the table value 2.048 at 0.05 level of significance. It could happen due to the same level of experience, fitness, mental ability, more emotionally stable, training period.

KEYWORDS: intrinsic, extrinsic, amotivation, male kho-kho players.

Introduction

Motivation plays a key role in any given activity or task, stated by "Sage states as the direction and intensity of ones efforts" (cited by Sewell, Watkins and Griffin, p.355), referring to the drive to take part in some form of activity and persisting in that activity. Weiss (1992) and Weinberg (1995) argued that this definition is too simplistic (cited by Wesson, Wiggins, Thompson and Hartigan, p.576). This essay aims to define and evaluate the three main types of motivation and their consequences in terms of participation within sport and physical activity. Motivation itself can be categorized into three types: amotivation, extrinsic motivation and intrinsic motivation.

Motivation refers to "the reasons underlying behavior" (Guay et al., 2010, p. 712). Paraphrasing Gredler, Broussard and Garrison (2004) broadly define motivation as "the attribute that moves us to do or not to do something" (p. 106). Intrinsic motivation is motivation that is animated by personal enjoyment, interest, or pleasure. As Deci et al. (1999) observe, "intrinsic motivation energizes and sustains activities through the spontaneous satisfactions inherent in effective volitional action. It is manifest in behaviors such as play, exploration, and challenge seeking that people often do for external rewards" (p. 658).

The first type of motivation is amotivation, and occurs when an individual has very low levels of motivation towards any given task. The individual will display neither intrinsic nor extrinsic based behavior (O'Connor & Vallerand 1989). From a sporting perspective, an amotivated athlete will not know why they participate in their sports. In addition they won't find any benefits from participation in their sport or physical activity.

The second type of motivation is extrinsic motivation. Defined by Honeybourne (2005, p.81) as "the drive that is caused by motives that are external or environmental." Extrinsic motivation is similar to intrinsic motivation in terms of self-determinism. According to Deci and Ryan (1991) there are four types of extrinsic motivation: External regulation, Introjected regulation, Identified regulation and Integrated regulation.

Finally, is intrinsic motivation; Gill (2005 p.80) defines this as the "internal drive that people have to participate or to perform well in sport" cited (Honeybourne, 2005). This internal drive Gill discusses can be broken down into three parts: knowledge, accomplishment and stimulation. The knowledge aspect of intrinsic motivation reflects the need to learn new skills (Cox, 2007)

Criterion Measures

The motivation score of the subjects was obtained by using sports motivation scale (sms28) developed by Luc G. Pelletier, Michelle Fortier.

Procedure

Total 30 male Kho-Kho players (19-30 years of age) selected from South Asian Games-2016 which was organized by India in Guwahati (Assam). The selected variable was intrinsic, extrinsic, amotivation,. After obtaining approval for the human subjects protocol from the tournament organizer, prospective team coaches were contacted about the taken the data.

Hypothesis

It was hypothesized that there may be significant difference in intrinsic, extrinsic and amotivation between India and Bangladesh men Kho-Kho players.

Statistical Technique:

The obtained data were analyzed by applying independent 't' test in order to comparison of Mental Toughness differential between India and Bangladesh men Kho-Kho players. The level of significant was set at 0.05.



Results

Table-1 Comparison of intrinsic motivation between India and Bangladesh Kho-Kho Players

Team	N	Min	Max	Mean	SD	't'
INDIA	15	28	76	56.73	13.24	-0.143
BANGLADESH	15	41	81	57.40	12.26	

$$t'(2, 28) = 2.048$$



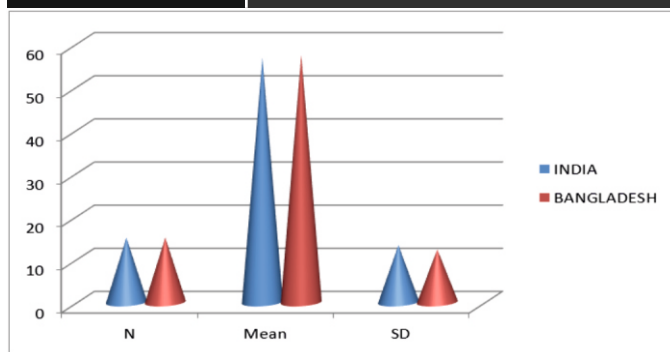


Fig. no. 1

From the above table-1, It is revealed that there was insignificant difference in case of self- esteem test as calculated 't' value [-0.143] was less than tabulated 't' value [2.048] at 0.05 level of significance. Thus it may be concluded that there was insignificant difference between India and Bangladesh male kho-kho players related to intrinsic motivation test, in which mean intrinsic motivation test is insignificantly higher for Indian kho-kho players and Bangladesh men kho-kho players at 0.05 level of significance. The finding of the table 1 are presented above in fig. 1

Table-2 Comparison of extrinsic motivation between India and Bangladesh Kho-Kho Players

Team	N	Min	Max	Mean	SD	't'
INDIA	15	39	71	57.86	8.99	-0.193
BANGLADESH	15	33	77	58.66	13.3	

$t'(2.28) = 2.048$

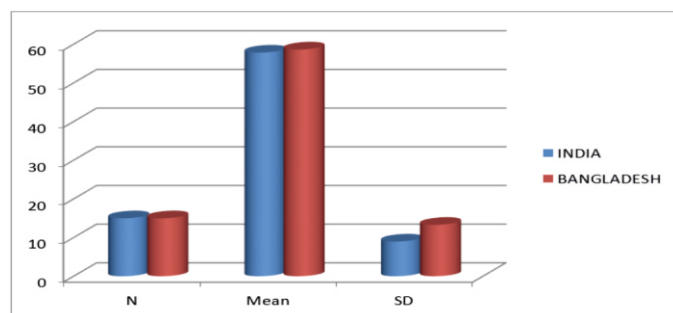


Fig no -2

From the above table-2, It is revealed that there was insignificant difference in case of self- esteem test as calculated 't' value [-0.193] was less than tabulated 't' value [2.048] at 0.05 level of significance. Thus it may be concluded that there was insignificant difference between India and Bangladesh male kho-kho players related to intrinsic motivation test, in which mean extrinsic motivation test is insignificantly higher for Indian kho-kho players and Bangladesh men kho-kho players at 0.05 level of significance. The finding of the table 2 are presented above in fig. 2

Table -3 Comparison of amotivation between India and Bangladesh Kho-Kho Players

Team	N	Min	Max	Mean	SD	't'
INDIA	15	12	25	17.06	4.14	-2.32
BANGLADESH	15	16	28	20.60	4.89	

$t'(2.28) = 2.048$

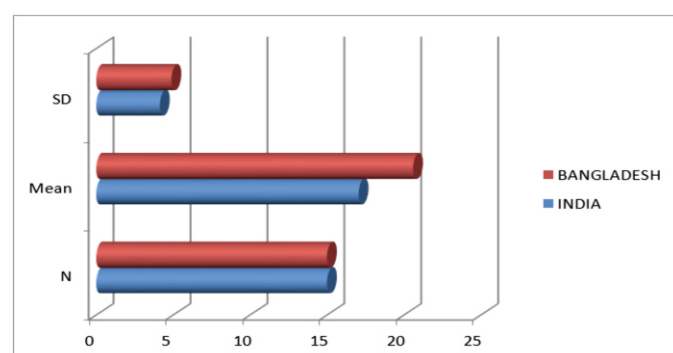


Fig no -3

From the above table-, It is revealed that there was insignificant difference in case of self- esteem test as calculated 't' value [-2.132] was less than tabulated 't' value [2.048] at 0.05 level of significance. Thus it may be concluded that there was insignificant difference between India and Bangladesh male kho-kho players related to intrinsic motivation test, in which mean amotivation test is insignificantly higher for Indian kho-kho players and Bangladesh men kho-kho players at 0.05 level of significance. The finding of the table 3 are presented above in fig. 3

Discussion of Finding

No Significant difference was found in case of intrinsic, extrinsic, amotivation. It may be due to the more aware about the technique, right training, more experience, or may be due to the reason that the players were almost of the same level of fitness level, or having an equal amount of training, they were highly motivated to win the 12th south Asian games which must have been a probable cause for this.

Conclusion:

Within the limitation of the study the following conclusion may be drawn:

1. There is no significant difference in case of intrinsic motivation between India and Bangladesh kho-kho players.
2. There is no significant difference in case of extrinsic motivation between India and Bangladesh kho-kho players.
3. There is no significant difference in case of amotivation between India and Bangladesh kho-kho players.

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